

NORFOLK NAVAL SHIPYARD

★ PT4URPT ★

NEED HELP PASSING YOUR NEXT PFA?

THE CALLAGHAN FITNESS TEAM CAN HELP!



NOW OFFERING COMMAND PT BY REQUEST ONLY. AVAILABLE CLASSES:

Step
TRX
Core Fitness

Spin-Cycle
Bodyshaping
Circuit Training

Cardio Kickboxing
Pilates
Flexibility Training

HIIT
Aqua Fitness
NOFFS

CALL FOR MORE INFORMATION.

Callaghan Fitness Center
Command PT Reservation Policy

1. **Reservations may be made for the following (circle one):**
 - a. Group Exercise Room
 - b. Basketball court (Any time before 10 a.m.)
 - c. Racquetball Court
 - d. Tennis Court

2. **Reservations will be approved through the Fitness Coordinator. See contact information below.**

3. **Reservations are for no more than 30 days.**

4. **All reservations must be submitted in writing or via email.**

5. **MWR Instructor requested? YES _____ NO _____**

6. **All requests must include the following information:**
 - a. Name of Department/Command
 - b. POC (Point of contact)
 - c. POC phone number & email
 - d. Number of people to attend
 - e. Date(s)
 - f. Time(s)
 - g. Purpose for reservation (see #8)

7. **The following rules must be followed:**
 - a. Equipment use must be pre-approved by the fitness team.
 - b. All equipment used must be cleaned and returned to its proper location.
 - c. All equipment must stay in facility unless approved by fitness team.

8. **Purpose for reservation – Command PT, FEP and PFA. Any other purpose must be approved by Athletic Director. See contact information below.**

9. **MWR TEAM MEMBERS reserve the right to revoke any reservation made whose participants are not following the stated purpose of use.**

Fitness Coordinator – 757-967-2500

Athletic Director – 757-967-2507

Approval _____

Date _____